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The Menopause Reset Confidential The book covering herbs

Chapter I: Menopause Defined This chapter will help you know what menopause is, and why women experience it at one point in their lives. It will also give you an overview on what happens in a woman's body before, during, and after menopause.

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Menopause Reset! by Dr. Mickey Harpaz, PhD, with Robert Wolf is for the millions of women experiencing menopausal symptoms, a lifestyle solution employing diet, exercise, and mind-set to help them get their bodies back

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